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OH RATS!

Pest control company identifies Ottawa as city with second most complaints

metroNEWS

Ottawa police connect five homicides

TASK FORCE

New unit looks for public's help to solve crimes

Ryan Tumilty
Metro | Ottawa

An Ottawa police task force aiming to crack a string of gang-related murders has identified five connected cases and they're turning to the public for help.

Police announced the task force last month aimed at bringing officers from the homicide unit, guns-and-gangs and street-crime teams together to focus on the string of cases.

Const. Chuck Benoit, a spokesperson for the Ottawa police, said the cases aren't necessarily related but there are commonalities.

"They're not linked, but they have a similarity, which is all involving guns and gang activity," he said.

Benoit said some people may be involved in more than one of these shootings, but the police can't yet say that for sure.

The five cases police identified Tuesday include the shooting death of Leslie Mwakio on Dec. 6, 2016, which occurred near Bayswater Avenue and Laurel Street; the death of Abdi Jama on Sept. 25, at an after-hours club on Shillington Avenue where multiple shots were fired; and the death of Eric Vongviset on Charleston Street on Nov. 13, 2011, outside his home.

Police are also hoping to find the person responsible for the shooting death of Mohamed "Casper" Ali, who was killed after multiple gunshots were fired inside Bar 56 in the Byward Market.

The last case police have connected is the death of Omar Rashid-Ghader inside a downtown club. A warrant has been sworn for Mustafa "Heff" Ahmed in that case, but he has not been taken into custody.

Benoit said they believe there are witnesses in all of these deaths that have not yet come forward who could help solve the case.

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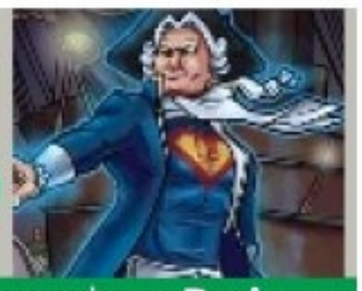

DC Comics threatens to sue Vancouver Realtor and self-anointed superhero. **Business**

Protecting Parliament's view

DEVELOPMENT

Panel cites decades-old rule, flags 55 storey project

Dylan C. Robertson
For Metro | Ottawa

A proposed towering condominium in Lebreton Flats encountered some pushback this month, thanks to a decades-old rule restricting buildings from blocking views of Parliament Hill.

Earlier this month, the city's Urban Design Review Panel deemed the 55-storey proposal too high, citing a 20-year-old policy protecting the "symbolic primacy" of Ottawa's "national symbols."

Crafted through the 1990s, the policy eventually settled on 21 points around Ottawa and Gatineau from which people must be able to see Parliament's silhouette. The rule includes the Supreme Court and National Art Gallery, depending on viewpoint.

From the QEW to Gatineau's public-service hub, the city extended the 21 points to two more in Beechwood Cemetery in 2008.

Robert Allsopp, a partner with Toronto architecture firm DTAH, helped the National Capital Commission pick the original 21 spots, but now says Ottawa should revisit them.

"The city, and the NCC, have got to reconsider the height controls that have been in place for 20 years now, and were really built on the height controls that were another 20 years before that."

Allsopp said the guidelines responded to officer towers like Place Bell and Place de Ville, as residential towers were mostly limited to low- and mid-rise apartments. The city now faces growing housing needs, and respite restrictions on building close to its core.

But developers now fixate on tall buildings, Allsopp says, because they maximize profits and respond to housing demand, despite families preferring to live closer to the ground.

"Currently the development industry's thinking is that tall buildings are the only way to grow," he said. That leaves Ottawa at risk of following Toronto, where city officials are playing catch-up to a downtown "overwhelmed with development."

But Allsopp says Ottawa has neighbourhoods with a good mix of mid- and high-rise apartments, like the area east of the Rideau Centre.

Barry Padolsky, the architect behind multiple projects like the Museum of Nature and the Bank Street bridge restoration, says that's a result of Ottawa's gradual approach to development.

He notes that the city's current official plan targets developing a "necklace" of LRT stops circling downtown, instead of urban sprawl outside the Greenbelt.

"The basic principle of handling future growth is to build in, and not out," he said, especially along existing main streets and public transit. "It's broad, but it's a direction that is quite valid."

Most of the recent intensification follows that model, Padolsky said, like east of the Rideau Centre, as well as Centretown's Tribeca East condos and the looming condominium north of Dow's Lake.

Padolsky noted that the "symbolic primacy" rule had developers redesign the Zibi project adjacent to the Chaudière Falls, because its shape would distract from Parliament Hill — though not its height. The proposed Château Laurier expansion also faces similar questions.

To Padolsky, that means the city has a piecemeal, but effective, approach to balancing its "postcard view" with intensification.

"How do you reconcile the different objectives that we have, and come up with something that brings them together," Padolsky asked. "The city sort of muddles along, but it does have its heart in the right place."

MAPPED | Maintaining the city's sightlines

The NCC has designated 23 points around the capital region including sites in both Ottawa and Gatineau where buildings have to protect the view of Parliament Hill. Here are some of the more significant ones.

1 Sussex Drive at the Macdonald-Cartier Bridge

2 Sussex Drive south of the Bridge

3 National Gallery

9 South end of Alexandria Bridge

14 Mid-point of the Portage Bridge

16 Ottawa River Parkway

18 Mackenzie King Bridge Stairway

21 Metcalfe Street north of Queen Street

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Canada 150 Art installation

Heritage 'dream' of public art

In a procurement notice published Tuesday, Canadian Heritage says it's looking for teams of artists and architects to create a temporary, interactive installation at the Portage Bridge Plaza overlooking Parliament Hill and the Ottawa River.

The theme of the installation is Dream — which the federal government acknowledges can be broadly interpreted — and should tie into Canada's 150th anniversary, which is expected to draw an additional 1.75 million visitors to Ottawa on top of the seven million to eight million that the city receives in a typical year.

"It will highlight the Canadian arts scene and the great creativity and innovation of Canadians," reads the tender. "It will become a symbol that represents our history, our collective memory and the multiple identities that have shaped our country since its creation."

The federal government says it has set aside $35,000 for the installation, which will be selected by jury and should be in place by the end of May and remain on the bridge until March 2018.

Separately, the Ottawa 2017 Bureau — which is organizing many of the local events surrounding Canada 150th anniversary — is planning a reception Wednesday at Lansdowne Park to launch "Ottawa Welcomes the World."

Starting in March, many of the foreign embassies and high commissions in Ottawa will showcase their food, music, dance and culture in a series of exhibitions inside the Horticulture Building and Aberdeen Pavilion.

OTTAWA BUSINESS JOURNAL

At its peak, Elgin Sports operated seven locations, but began downsizing in the 1980s and 1990s. HALEY RITCHIE/METRO

Sports store reaches end of a 70-year run

BUSINESS

Elgin Sports on Albert Street last location to shut its doors

Haley Ritchie
Metro | Ottawa

A downtown sports retailer with a 70-year legacy in the city has announced it is closing up shop for good.

Elgin Sports on the corner of Bank Street and Albert Street specializes in rugby, football and soccer.

The store's lease expires at the end of the month and general manager Karl Kofmel said the decision was made to close.

"People aren't buying enough stuff. I think the way to say it is it's the changing face of retail in Ottawa these days," he said.

"There's a lot of competition out there from all forms — there's big box stores, there's outlet malls, there's major chains opening up all over town. It's just taken its toll."

The store was originally opened in 1946 by Emmett "Red" Noel and had a location on Elgin Street. He eventually passed the store on to his son Brian in the early '80s.

> **People aren't buying enough stuff. It's the changing face of retail in Ottawa.**
> Karl Kofmel

At its peak, Elgin Sports operated seven locations, but began downsizing in the '80s and '90s, according to Kofmel. The location on Albert Street is the last location, which had a steady stream of people coming and going Tuesday afternoon.

While many responded to the company's announcement on Facebook with excitement about clearance sales, others mourned the loss of a local store.

Several recounted the original owner's red hair and the lamented that Elgin Sports was the best place to pick-up hard-to-find jerseys and rugby equipment.

"There's quite a few people not very happy. Not mad, but sad. I'm feeling the same way, it's not something I had wished to see," said Kofmel.

SURVEY

City gets silver in rat race

Ryan Tumilty
Metro | Ottawa

Oh rats! Ottawa has been ratted out as the second worst city in Ontario for complaints about the vermin.

Pest-control company Orkin released a survey Tuesday highlighting the capital as the city in the province with the second most complaints about rats and mice.

The company declined to release specific numbers, but said Toronto was first overall in that literal rat-race, with Ottawa a shade ahead in second and Mississauga, Hamilton and Scarborough rounding out the top five.

Dr. Alice Sinia, an entomologist who works with Orkin, said the survey is not a scientific measure of the population, but does give an indication.

"It's based on calls and treatments that were done by our company," he said.

She said rats do well in cities where there is garbage to eat, water to drink and plenty of nooks and crannies to live and breed in. "In large cities it is not unusual to have outbursts of mice or rats or rodents in general," she said.

There are so many different factors that could see large cities having a lot of rodent activities. She said bird seed, garbage and pet food are all great sources of food for the animals that homeowners would be best to secure.

"Wherever they can find an abundance of food it is very easy for their population to build up," she said.

She said the most important thing a homeowner can do is secure their property.

"Rats can get through an opening the size of a quarter."

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A scene from the comic where white blood cells use vaccine missles to fight off an infection. PHOTO CONTRIBUTED

Blast away needle fear

IMMUNIZATION WARRIORS

Comic book aims to fight anti-vaxxer supervillains

Dylan C. Robertson
For Metro | Ottawa

A prominent Ottawa doctor has teamed up with graphic-design prodigies to convince children to get vaccinated.

Immunization Warriors is a digital comic book that aims to get children thinking differently about needles and go over the heads of reluctant parents.

Comparing viruses to invading extra-terrestrials, the comic aims to explain the role of white blood cells and vaccines to children.

Dr. Kumanan Wilson, the Ottawa Hospital's Research Chair in Public Health Innovation, got the idea when he came to speak at his son's Grade 5-6 class, explaining the immune system through an analogy of a space invasion.

"I thought this might be a great way to connect," he said "The immune system is cool. If you frame it like this, they'll think science is amazing."

Wilson reached out to Algonquin College. With funding from the Public Health Agency of Canada, the college suggested a video comic book and linked him to two students and one graduate.

The project started last summer and had Dom Richichi working through most of last semester.

"Cells are round, not creative looking," said third-year graphic design student. "We were given a bare script, which we had a chance to develop."

Richichi said it was interesting work that served a purpose.

"I'm empowering the kids too. You're giving them their own choice to make, through a visual way that also educates them."

While Wilson hopes the project fights fear of needles, he's blunt about tackling parents who dispute vaccine science.

"It's hard to change adults' minds about vaccines; about anything, really," he said. "If they're an anti-vaxxer, you're not going to change their mind. So, we need to start earlier."

> **The immune system is cool. If you frame it like this, they'll think science is amazing.**
> Dr. Kumanan Wilson

"A lot of parents aren't firmly anit -vax; they're hesitant," Wilson said, adding that some simply forget to get their kids vaccinated.

That rings true for Richichi, 26, who admits he was so busy with last semester's project that he caught influenza, after forgetting to get his flu shot.

The comic will soon be published on the CANImmunize app, available on iPhone and Android smartphones.

TRANSPORTATION

Work-to-rule leaving commuters in cold

Gatineau commuters are feeling frozen out, as the union's work-to-rule pressure tactics lead to cancellations along bus lines of the Société de transport de l'Outaouais (STO).

Tuesday morning, commuters were lined up in the freezing rain along the Rapibus expressway, STO's answer to Ottawa's Transitway. Bus drivers had marked 25 to 30 buses for repairs, including minor issues like wipers and secondary light bulbs.

"Because there are no overtime shifts being done, the work can't keep up with the demand," STO spokeswoman Céline Gauthier told Metro.

The agency is posting notices for morning and evening delays on its @STOGatineau Twitter account, and commuters can sign up for email or SMS notifications.

The agency cancelled 14 bus trips Monday morning, and about 20 that evening. Tuesday started with 11 cancellations and, as of print time, STO claimed that "almost 80 trip cancellations" were looming. The delay for most rush-hour commuters is about seven minutes.

As part of last week's federally mandated negotiations, both sides are set to meet Monday, and will schedule more talks if the labour disruption persists.

Meanwhile, the dispute is set to cut off most of Winterlude's free bus service on weekends and Family Day, starting February 4.

While OC Transpo buses will facilitate the Sno-Bus shuttles between Confederation Park and the Rideau Canal Skateway, there will be no service across the river to Jacques-Cartier Park and the Centre Robert-Guertin.

The Heritage Department notes people can pay to use the regular OC Transpo and STO buses.

DYLAN C. ROBERTSON/METRO

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PLANNING

Westboro apartment gets OK

Councillors on the city's planning committee approved a 13-unit apartment in Westboro Tuesday, despite reluctance from area Coun. Jeff Leiper.

The proposal for 404 Eden Avenue would see a current single home demolished to make way for a lowrise four-storey apartment building with nine underground parking spaces.

The building's height, at 12.5 metres, required planning committee approval, but city staff recommended the exception due to setbacks, proximity to transit and thoughtful landscaping.

"This was a single dwelling unit, it would allow three. Now we're bumping it up to 13 units," said Leiper, who said he is concerned about the wider plan for the area.

Leiper said intensification will create pressure on parking, as well as amenities like libraries, parks and recreation facilities.

"This is proceeding without an honest vision, a discussed vision for that block. My ask of planning staff again is that we revisit the Westboro secondary plan to try and understand how we're going to handle the kind of growth that we are willing to approve," said Leiper.

Leiper said he also has concerns over safe cycling infrastructure and transportation.

Despite the concerns expressed over a larger plan for Westboro, planning committee approved the development with only one Leiper's dissenting vote.

Planning chair Coun. Jan Harder called the development "an excellent use of the land" given the shape of the plot.

"If it was in a different location they wouldn't be looking at it in the same way, but given the elevation of the road itself and the street there's no many factors that make it a good application." HALEY RITCHIE/METRO

Graphic of the new proposed tower by Textbook Suites, designed to serve students attending Carleton University. CONTRIBUTED

Higher living for higher learning

GLEBE

City committee approves plan for student residence

Haley Ritchie
Metro | Ottawa

A new student residence in the Glebe was universally approved at planning committee on Tuesday morning.

The luxury 12-storey apartment building will be located at 770 Bronson Ave. and aimed at students attending nearby Carleton University.

Carolyn Mackenzie, who presented to committee on behalf of Glebe Community Association and the Dow's Lake Residence Association, thanked developer Textbooks Suites for listening to the community.

She raised concerns about the number of parking spots (17 residential spots and 21 visitor spots for 172 units) especially if the building could one day house non-students.

> If we can't build resident housing with very little parking there, where can we? Coun. David Chernushenko

Mackenzie said the city's attempt at a compromise — requesting bike spaces that could be converted into more parking down the road — was appreciated and pleased residents.

"I'm raising this issue today, more as a request to the city, that we be cautious in approving variances sought by developers based on assumptions that could very easily change," she said.

Area Coun. David Chernushenko noted that the original proposal for more student housing had residents raising fears about frat parties and garbage in the early phase of the project, but said little community opposition remained.

"This is more akin to a hotel than a 'seven people stuffed into an old home not kept up by the landlord' student house stereotype," he said.

"If we can't build resident housing with very little parking there, where can we?" he said, adding that the building is close to bike routes and transit.

Chernushenko added that projects like this will mean the city may have to consider increasing bus service on the number four bus route.

"In the end, it's a building that is a little taller then I would have liked there, but has done a lot to address the shadowing effect," he said.

17 spots

The total residential parking available and an additional 21 visitor spots planned for the building. Some concern was raised about a shortage of parking.

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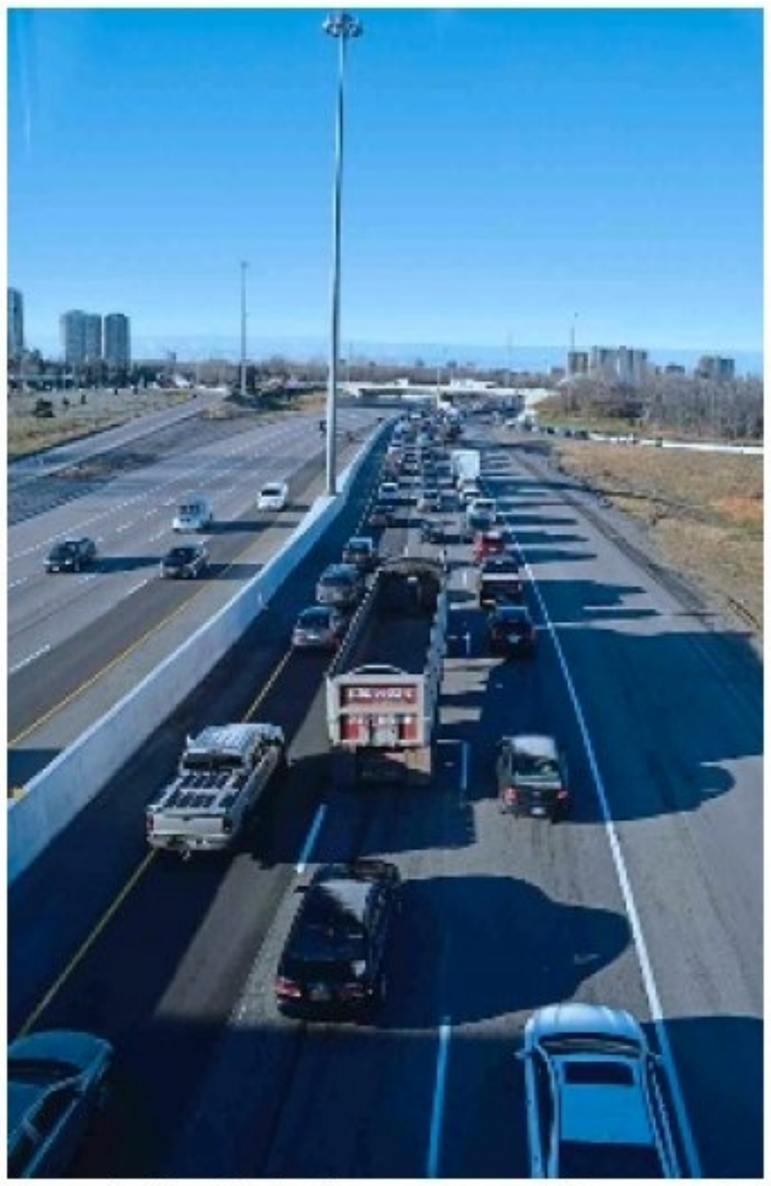

The provincial and federal government recently announced a plan to widen the 417, again. METRO FILE

Could that traffic jam be telling you something?

URBAN COMPASS

Too many bottlenecks may mean time for a bus pass

COLLINS' CAPITAL

Steve Collins

Grinding to a solution? Maybe congestion's telling you something.

As one of the booted and un-horsepowered (I owned a car for a couple of months in '03-'04) I view the trials of motorists, from my icy vantage point on the curb with sometimes imperfect sympathy.

When I see plans for a revamped Elgin Street that propose — apparently controversially — to widen the street's skinny sidewalks at the expense of traffic lanes and coveted on-street parking spots, I fail to see much downside.

Last month, as federal and provincial politicians announced they were going to solve the Queensway's traffic woes once again by widening another section, I was struck by their persistent optimism that the dreaded force of induced demand (if you build it they will drive) won't kick in this time. That it won't fill the new lane with new traffic and leave everyone stuck pretty much where they were before construction, just $95 million poorer.

Earlier this month, as I trudged along Montreal Road in the early rush hour snow, I kept pace with a van trapped in cranky congestion, trading the lead for several blocks. I was home soon enough with some takeout chicken to share with a buddy who, faced with his own snow-bound drive from Orleans to Westboro, wisely decided to stop in and wait out the rush hour.

And so it's in the spirit of friendly inter-modal antagonism I note a new study from the Canadian Automobile Association, Grinding to a Halt: Evaluating Canada's Worst Bottlenecks, an examination of the most consistently congested sticking points on major cities' highways and expressways.

The good news for local drivers: Toronto, Montreal and Vancouver are so bunged up that there was hardly any room for other cities on the top 20 hate parade of the country's worst bottlenecks.

Ottawa still managed to score CAA dishonours for two national-level choke points — the 417 between Bayswater and O'Connor, which apparently swallows 127,000 hours from motorists' lives annually, at an estimated cost of $3.24 million; and the Vanier Parkway from Montreal Road back to the 417 (106,000 hours and $2.72 million).

In the overall rankings, we tie Hamilton for the seventh place in terms of total time sucked by traffic bottlenecks tallied at 5.2 million hours in each.

I often think of glitches in the public transit system, whether in the form of budget/service cuts, construction-related route disruptions, or the STO near-strike across the river, as helping to sell cars to bus riders. Is it too much to hope enough hours lost in traffic bottlenecks might sell the occasional bus pass?

New Yorker writer David Owen, in his book Green Metropolis: Why Living Smaller, Living Closer and Driving Less Are the Keys to Sustainability, suggested this might be the case: "Traffic jams are actually beneficial, environmentally, if they reduce the willingness of drivers to drive and, in doing so, turn car pools, buses, trains, bicycles, walking and urban apartments into attractive options."

I think I read it on the bus.

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Just can't kill Keystone

ENVIRONMENT

Trump signs order reviving possibility of new pipeline

A zombie project that has spent years haunting Canada-U.S. relations in its never-born-yet-never-quite-dead state of perpetual limbo has just been given hope of life by new U.S. President Donald Trump.

The Keystone XL pipeline is alive — maybe.

Trump revived hopes for the dormant project Tuesday. He signed an executive order that could build the Alberta-to-Texas pipeline, the subject of a multi-year saga that cast a long shadow on bilateral relations.

He signed several executive orders related to infrastructure and construction, with the highest-profile one involving the pipeline that, if completed, would carry more than one-fifth of the oil Canada exports to the U.S.

The order invites pipeline-maker TransCanada Corp. to re-submit an application for a permit. It also encourages U.S. federal regulatory agencies to respond the opposite way the Obama administration did: favourably, and quickly, within 60 days.

"(It) directs agencies to approve it without delay," Trump spokesman Sean Spicer said Tuesday. "There's an energy revolution that's gonna happen in this country. In spite of the bureaucratic and political barriers that have happened in the past, we're ready to move forward."

The company issued a statement several hours later confirming it would re-apply: "We are currently preparing the application and intend to do so."

But it remains far from a done deal. There's ongoing uncertainty on multiple fronts — some are anticipated legal and political fights, and others are less-predictable wrinkles introduced Tuesday by the president himself.

The White House said its executive orders insist on two things: a better Keystone deal for U.S. taxpayers, and pipes made from U.S. steel, which could be problematic given that the parts for Keystone were already purchased, are now sitting in outdoor yards, and they include mostly foreign steel.

"We're going to renegotiate some of the terms," Trump said, as he signed the presidential order. "And if they'd like, we'll see if we can get that pipeline built."

The actual wording of those orders isn't actually that tough. It instructs the U.S. secretary of state to make a decision within 60 days, including on any new conditions that might serve the U.S. national interest.

As for the requirement to use U.S. steel, a separate presidential order sets a relatively low bar. It asks the commerce secretary to come up with a plan to use American material to the maximum extent possible, and to the maximum extent allowed by law. THE CANADIAN PRESS

Opponents of the Keystone XL and Dakota Access pipelines hold a rally as they protest U.S. President Donald Trump's executive orders advancing their construction, at Lafayette Park next to the White House on Tuesday. AFP/GETTY IMAGES

Trudeau on political precipice

Justin Trudeau edged his way across a political tightrope Tuesday, doing his level best not to glance down at the perils below.

Shattered credibility on climate change and women's rights. Alienated voters in Alberta's hard-hit oilpatch. An agitated Donald Trump barring the door on cross-border trade.

Trudeau's Liberal high-wire act was on full display, whether it was as he cheered a pipeline project that's bound to aggravate environmentalists, or contemplated how best to avoid calling the U.S. president a misogynist.

First up, Trump's conditional approval of the controversial Keystone XL pipeline, which he said would bring badly needed jobs to the energy sector without blowing up Canada's commitments on greenhouse-gas emissions.

"We can continue to support good jobs, including in the fossil fuel industry, while we improve our emissions standards, while we innovate and develop renewable resources, while we manage the long-term transition that the planet needs to go through," Trudeau told a news conference.

Plus, he said, pipelines are a safer option than rail cars.

ACTIVISM

Teeny-tiny women's march no less powerful for its size

When Gwen Wilson and Melissa Merritt decided at the last minute to organize their own women's march, they were prepared to be the only ones trudging down the sole road in their rural Nova Scotia village on a grey, drizzly Saturday.

The two women who live on the Digby Neck peninsula both wanted to participate in one of the marches to support women's rights, but would have had to travel almost three hours to get to the closest one in Halifax.

So less than 24 hours before millions of people took to the streets around the world, they issued a call to the 65 year-round residents in Sandy Cove and others in villages that dot the peninsula to join them for their own march, expecting they might be alone in their activism.

When they assembled at the meeting spot — a school in Sandy Cove that has 22 students — they were stunned to see about a dozen other women, two men and a few children ready to go.

"We were ecstatic and were like, 'Oh my gosh, there's another truck coming in!"' Wilson exclaimed Tuesday. "It was just a wonderful, joyful feeling of, I don't know — it's almost indescribable the feeling that you have when people chose to participate with you and you don't even know some of them."

People take part in a women's march in Sandy Cove, N.S., on Saturday. GARY WILSON/THE CANADIAN PRESS

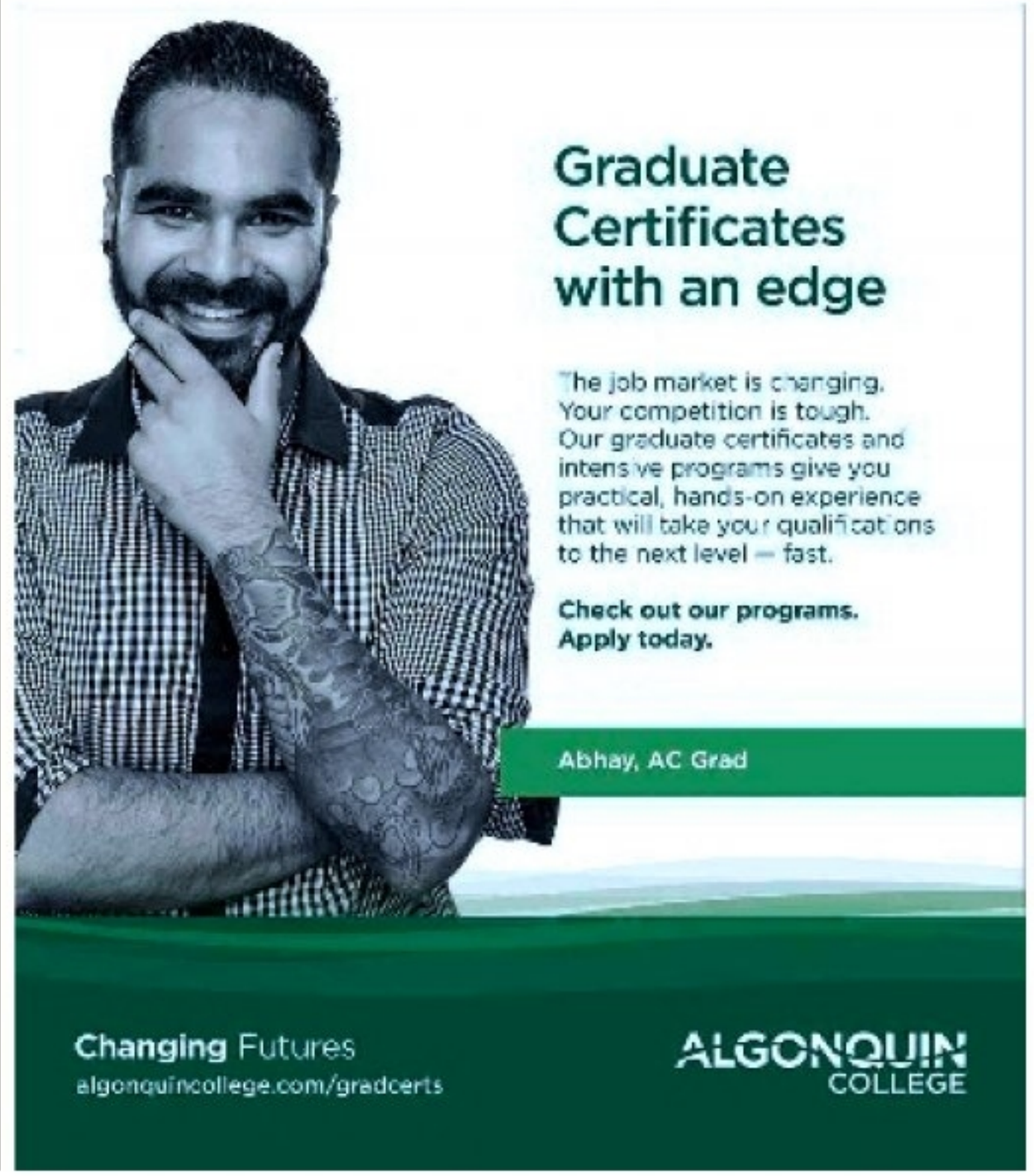
> **Sometimes the one lone voice is much louder than the millions.**
> Facebook comment

What's more, Wilson says they have been overwhelmed by the response to an eight-second video posted on their Facebook site that shows the 15 marchers laughing and ringing bells as they walk along an empty road that cuts through the fishing community. From a distance, the group can be seen marching down a steep hill and then up another to the fire hall, waving their banners as they slosh through puddles.

The video has become an Internet darling, garnering more than 150,000 views, 500 comments and almost 3,000 shares.

"Your march touched me more than any of the others I've seen. It's so often we feel we are too small to change anything. Sometimes the one lone voice is much louder than the millions. Thank you!" one woman wrote on the Facebook page.

Another said: "My boyfriend and I drove from NYC to DC to participate in the March. Now I wish I had come to Sandy Cove to march with you. Way to go!" THE CANADIAN PRESS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White House press secretary Sean Spicer takes questions during the daily press briefing in the James Brady Press Briefing Room on Tuesday in Washington, DC. Spicer did not offer evidence to support President Trump's claim that millions of people voted illegally. GETTY IMAGES

Spicer perpetuates false claims

GOVERNMENT

Trump believes millions committed voter fraud

Promoting yet another lie, the chief spokesman for U.S. President Donald Trump said Trump believes millions of illegal immigrants voted illegally in the presidential election.

This did not happen.

There were fewer than a dozen claims of voter fraud across the country. In a December legal filing arguing against a recount in Michigan, Trump's own lawyers wrote, "All available evidence suggests that the 2016 general election was not tainted by fraud."

Trump, though, is sensitive about the fact that Democratic opponent Hillary Clinton received more votes than him. He wrote on Twitter in November that he "won the popular vote if you deduct the millions of people who voted illegally," and he repeated the nonsensical claim in a private meeting with congressional leaders on Monday.

Asked Tuesday if Trump indeed believes what he is saying, press secretary Sean Spicer said yes — "based on studies and evidence that have been presented to him," though there is no evidence at all.

"I think the president has believed that for a while based on studies and information he has," Spicer said from a podium at the White House.

Trump has regularly promoted conspiracy theories and false claims to suit his political purposes. Spicer's briefing was his third appearance in the White House press room; at his first, on Saturday, he made five separate false claims about the size of the crowd at Trump's Friday inauguration.

This lie was far more dangerous, a deception that threatens to damage public faith in the integrity of the electoral system. And voting rights advocates have expressed concern that such deceit will be used to justify an attempt by incoming attorney general Jeff Sessions and Republican state legislators to make it more difficult for people, especially minority groups, to cast ballots.

South Carolina Republican Sen. Lindsey Graham said Trump was undermining both "faith in our democracy" and his own "ability to govern this country."

"It's not coming from a candidate for the office, it's coming from the man who holds the office. So I am begging the president, share with us the information you have about this or please stop saying it. As a matter of fact, I'd like you to do more than stop saying it: I'd like you to come forward and say, 'Having looked at it, I am confident the election was fair and accurate, and people who voted voted legally,'" Graham told reporters.

Democratic Senate leader Chuck Schumer told USA Today that he is concerned about Trump's penchant for subscribing to incorrect information.

"In general you cannot run a country unless you know the facts," he said. "If you're going to believe your own facts, whether it's about what Putin is doing in the world or what jobs or companies are doing here, you aren't going to be able to govern, so I worry about it."

In a dizzying contradiction, Spicer said Trump believes an election involving millions of supposed fraudulent votes was fair. He would not commit to an investigation into a supposed fraud of historic proportions, saying Trump was "comfortable" with the outcome.

Spicer, tellingly, would not say if he personally believes what Trump is saying.

The Washington Post and other outlets reported that Trump claimed at this Monday meeting that he would have won the popular vote if not for three to five million illegal immigrants he falsely claimed came to the polls. Despite Trump's victory under the state-by-state Electoral College system that governs presidential elections, Clinton earned nearly three million more votes than he did.

TORSTAR NEWS SERVICE

Ban on abortion funds expands

President Donald Trump has massively expanded the ban on providing federal money to international family planning groups that perform abortions or provide abortion information to all organizations receiving U.S. global health assistance.

Trump's spokesman Sean Spicer announced Monday that the ban on family planning funding had been reinstituted. But it wasn't until the president's memorandum was published Monday night that the expansion came to light.

The order directs the secretary of state, in co-operation with the secretary of health and human services, for the first time to extend the requirements in the ban "to global health assistance furnished by all departments or agencies." The ban is known as the Mexico City Policy or Global Gag Rule.

Suzanne Ehlers, president of Washington-based Population Action International which lobbies in the U.S. and developing countries for women's reproductive health, said that targeting health assistance expands the amount of U.S. funding affected by a magnitude of 15 times and will impact millions and millions of women in low- and middle-income countries.

U.S. support for family planning currently amounts to about $575 million in 40 countries, she said, while global health assistance totals about $9 billion to about 60 countries.

Any international organization receiving U.S. funds for health programs will now be required to certify that it does not provide abortion services, counselling, referrals or information or advocate for the liberalization of abortion laws, even with non-U.S. funds. If they don't, their funding will be cut off.

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GLOBAL DIGEST

SYRIA

Officials endorse ceasefire deal at talks

Russia, Iran and Turkey presented a united front at the conclusion of two days of talks in Kazakhstan between the Syrian government and the armed opposition, pledging support for the country's shaky cease-fire and a joint mechanism to ensure compliance.

They did not specify how that would work, and differences among the sides as well as rebel infighting back home threatened to scuttle the deal. THE ASSOCIATED PRESS

FRANCE

Refugee status given to 60 people

France has given refugee status to 60 migrants who were among the thousands forced to leave the makeshift camp in Calais in late October.

A statement from the prefecture of the northern region that includes Calais said a ceremony was held on Tuesday according the coveted status of refugee to the 60.

The refugees were given asylum in less than three months — a process that normally takes more than a year. They now have the right to live legally in France.

It is a sharp contrast to the thousands of others waiting to learn their fate in centres set up around France for the migrants expelled from the Calais camp known as the "jungle."

THE ASSOCIATED PRESS

UNITED KINGDOM

Government loses Brexit case, must consult Parliament

Britain's government warned lawmakers not to try to "thwart the will of the people" after the Supreme Court ruled Tuesday that Prime Minister Theresa May must seek the approval of Parliament before starting the formal process of leaving the European Union.

The 8-3 decision forces the government to put a bill before Parliament, giving members of the House of Commons and the unelected House of Lords the chance to debate and potentially offer amendments that could soften the terms of Britain's exit from the EU, known as Brexit.

While the government insisted its timetable of starting the talks by the end of March remained on track, some analysts warned that a defeat in the House of Lords, where May does not have a majority, could delay the process by a year or more.

THE ASSOCIATED PRESS

Captain Vancouver battles DC Comics

TRADEMARK

'Superhero' realtor faces lawsuit threat

Wanyee Li
Metro | Vancouver

"This is Ian, Captain Vancouver." That's how Vancouver real estate agent Ian Brett introduced himself when Metro reached him for an interview Tuesday.

But it's not his Captain Vancouver persona, named after the city's founder, George Vancouver, that has raised eyebrows at DC Comics — it's his other claim, that he is a 'Real Estate Superhero,' that has the company's lawyers threatening to sue.

According to a letter published on Brett's website, DC Comics wants him to withdraw his trademark application for "Real Estate Superhero" and to stop using a red and yellow shield symbol, reminiscent of Superman's 'S'.

"While our client does not object to use of CAPTAIN VANCOUVER to promote your real estate business, use of SUPERMAN indicia and the SUPER HERO trademarks is not permissible," stated a Jan. 9, 2017 letter from Bereskin & Parr, the Canadian intellectual property law firm representing DC Comics.

Brett's website depicts the realtor in a blue 18th century British naval-officer outfit with a shirt underneath that features a six-point shield — but with a 'Re' for Realtor in it instead of an S.

But Brett, who has worked as a full-time realtor for four years, called DC Comics' request unfair, characterizing the fight as a David and Goliath situation.

Ian Brett, or Captain Vancouver, says DC Comics wants him to withdraw his trademark application for "Real Estate Superhero."
CONTRIBUTED

HOUSING

Rising prices widen search for homes

High house prices in the Greater Toronto Area are spilling over into nearby markets, especially those within commuting distance, according to the latest report from Canada Mortgage and Housing Corp.

Historically, prospective homebuyers in Ontario who have found themselves priced out of the Toronto area have migrated to Hamilton, Barrie and Guelph to buy single-family homes, according to CMHC.

But the federal housing agency says that most recently people have been moving even further out, especially to the St. Catharines-Niagara region.

As the price of low-rise homes in the Toronto area has soared, house prices in nearby communities like Hamilton, Barrie and Guelph have also been driven up, said Jean-Sebastien Michel, principal of the market analysis centre at CMHC.

According to CMHC, Hamilton — roughly 70 kilometres from Toronto — is the Ontario market that's most sensitive to housing prices within the Greater Toronto Area.

The report estimates that a one-per-cent change in GTA house prices could increase or decrease Hamilton prices by two per cent after three years.

A similar but smaller multiplier effect would be felt in Guelph, Brantford, Kitchener, Barrie, Peterborough and St. Catharines, which is about 112 km from Toronto.

> **Allow developers to build more 'missing middle' housing types.**
> Tim Hudak

Tim Hudak, CEO of the Ontario Real Estate Association, says the lack of supply is the main factor behind soaring detached home prices in the GTA.

"The best way to ensure young families and first-time buyers have a shot at buying a home is by putting more homes on the market," Hudak said in a statement.

"One way to increase housing stock is to allow developers to build more 'missing middle' housing types, like townhomes, duplexes and stacked townhomes. Increasing the housing stock is necessary to give buyers more options at affordable levels, in areas that make sense for them to be in."

THE CANADIAN PRESS

ENVIRONMENT

Research shows fracking fluids cause harm to fish

Research has found that liquids released from fracked oil and gas wells can harm fish even at low concentrations.

University of Alberta biologist Greg Goss and his colleagues conducted a study using water that flowed from an actual fracked well.

"The real risk comes from the disposal process, where (companies) have to truck it to a new site or pipeline it to a new site," Goss said Tuesday.

The researchers exposed rainbow trout to "sub-lethal" levels of such fluids. Even at dilutions as low as 2.5 per cent fish showed significant impact on their livers and gills. Goss calls the effect "oxidative stress." That means chemicals in the water force liver and gill cells to age and die more quickly.

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metro VIEWS
Your essential daily news
Wednesday, January 25, 2017

JESSICA ALLEN ON THE POWER OF PROTEST

Public marches have meaning that lies in their symbolic power. Practical utility is not the point — though there are many examples of marches that did effect tangible change

Simon asked if I wanted him to join me at the Women's March in Toronto on Saturday. Because it was my first protest, and I wasn't sure why I felt compelled to attend, I told him that I'd like to go it alone. Besides, he could stay home to do the laundry and make dinner.

When the packed streetcar stopped in front of Queen's Park, everyone on board gasped at the sight of thousands gathered on the greens and the sound of their swelling cheers. We broke out into applause before joining them.

I overheard a father delicately explaining to his young daughter what "pussy" meant, a woman telling her group that a friend of hers in Ethiopia had travelled 90 hours to get to the Women's March on Washington, and I saw another proudly take her birth-control pill.

There were protesters carrying a black cardboard coffin with "Patriarchy" painted in white on its side. There were signs that read "I can't believe I still have to protest this sh–t" and semi-absurd ones, like "We Shall Overcomb." There were signs about feminism, racism, inclusivity and pipelines. I also saw a white woman holding an eagle feather, performing a smudging ceremony. For a moment, I understood why so many were dismissing the March as aimless.

But just as the crowd readied itself to move, I remembered something I'd read mid-week: "There's been a strong hint of gendered schadenfreude in the coverage of the march's organizational problems," Jia Tolentino wrote for newyorker.com. "This has obscured the fact that activism is internally contentious by nature. Organization is always tedious, and that's just fine … Imagine any major protest in the twentieth century promoted via Facebook. There would have been no shortage of 'infighting' enshrined on social media for everyone to see."

'What's the point?' That, I confess, is precisely the rhetorical question that had kept me away from past protests and marches.

But why did I come? The Affordable Health Care Act repeal will greatly affect my U.S. friends and their families. The day after the election was the first time misogynist tweeters took dead aim at me, as though Trump's win was permission to say publicly that people who look like me shouldn't be on television. These things troubled me. As the throng began to inch forward, my throat swelled and my eyes cracked tears. I have two jobs. Both my bosses are women. I have a stay-at-home partner. I have never been sexually assaulted. But my mother cannot say the same thing. I came for her, I told myself.

Afterwards, I floated home, where I found Simon hanging up my bras to dry. He started on dinner while I looked at social media, which was flooded with friends' celebratory images from protests in D.C., Chicago, Los Angeles, Boston, Oaxaca and Florence. Most comments were supportive. Others asked: "How can you protest Trump before he's had a chance to govern? Give the man a chance!"

Protesters at the Toronto women's march last Saturday show that they have a well-developed sense of symbolism.
JESSICA ALLEN/FOR METRO

Answering such a question is a tedious exercise, but still worthwhile: Trump has vowed to appoint Supreme Court Justices that will overturn Roe v. Wade, has bragged about committing sexual assault, and wants to defund Planned Parenthood.

If you are tired of hearing this litany of complaint levelled against the commander in chief, imagine how it must feel for women who have to go through the dirty-laundry list — to which we can now add yesterday's reinstatement of the executive order banning foreign aid to NGOs that so much as discuss abortion with patients — every time someone tells us to give him the benefit of the doubt.

And then I saw a tweet from Stephen Taylor, the former national director of the National Citizens Coalition: "Do protestors in Toronto hope that Donald Trump will say, 'Oh, I guess Toronto is upset. I'll resign tomorrow.' What's the point?"

That, I confess, is precisely the rhetorical question that had kept me away from past protests and marches. What made this one different?

Symbolic acts matter. Take the parade that followed Trump's inauguration. Take birthday parties! We don't need to throw a party to get older, and the parade wasn't necessary to achieve the transition of power. They're both for show. Like public marches, they have meaning that lies in their symbolic power. Practical utility is not "the point," notwithstanding the many examples of marches throughout history, like the 1913 Women's Suffrage Procession and the 1963 March on Washington, that did effect tangible change.

The fact that the highest-ranking woman in Trump's administration, Kellyanne Conway, is the keynote speaker at this Friday's anti-abortion March for Life certainly means something. And you better believe that the same people who insist that the 600-dd demonstrations on Saturday didn't mean anything would be arguing the opposite if millions in the U.S. and hundreds of thousands across other countries hadn't shown up. That would've meant something.

But we did show up. And the world was watching.

Jessica Allen is the digital correspondent on CTV's The Social.

Trump benefitting from waning U.S. influence

Thomas Walkom

Donald Trump can be thin-skinned and obnoxious. He plays fast and loose with the facts. He has adopted much of the worst of the Republican agenda, including opposition to women's reproductive rights.

No wonder so many people — including so many Canadians — detest the new U.S. president.

But he is also oddly realistic. His America First rhetoric may conjure up memories of 1930s isolationism. It may signal a retreat to Fortress America.

But it also reflects what is going on. America no longer dominates the Western world in the way it once did.

The signs are everywhere. In the Middle East, it is not the U.S. that is brokering an end to the devastating Syrian civil war. Rather that role has been taken on by Russia, Iran and Turkey.

In the Korean peninsula, it has become clear that any solution to the problem of a nuclear-armed North lies not in Washington but Beijing.

Even America's former colony, the Philippines, is pivoting away from the U.S. and toward China.

Economic integration? Trump officially killed the Trans Pacific Partnership this week. But he was merely delivering the coup de grace. Opposition to the deal was so strong in the U.S. that even Democratic Party presidential contender Hillary Clinton, a former fan, vowed to kill it.

Meanwhile, China is forging ahead to create its own economic zone. Its Asian Infrastructure Investment Bank, which the U.S. has refused to join, now has 57 members — including Britain, Germany and France. Canada is applying to sign on.

Trump has questioned NATO's relevance, at one point calling it "obsolete." He's also called it "very important to me."

How the president squares these remarks is not entirely clear. But he is not the first to question the need for a military alliance set up to counter a Soviet Union that no longer exists.

Those who see Vladimir Putin's Russia as a modern-day version of the U.S.S.R. argue that NATO remains desperately relevant. But Trump doesn't appear to share those views. Indeed, he appears to think that Russia should be granted the same leeway in its backyard that the U.S., via the Monroe Doctrine, claims for itself in the Americas.

More to the point, he is reluctant to foot so much of the bill for an alliance that may no longer suit U.S. requirements.

And that is the key to what may eventually be called the Trump Doctrine: America's position in the world has changed.

The crisis of 2008-09 demonstrated that America alone is no longer able to solve global economic problems. The election of Trump showed that American workers are no longer willing to assume that what suits U.S. business will suit them.

The rise and decline of great powers is rarely neat. My guess is that America Firster Trump will intervene far more in the world than his critics think.

Still, these days, international leadership is not something the U.S. can so easily afford.

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Lin-Manuel Miranda is getting closer to 'EGOT' status, thanks to his Oscar nomination for best original song. The Hamilton creator, who has already won an Emmy, two Grammys and three Tonys, picked up a nod for How Far I'll Go from the animated film Moana.

Salute the kernel and add more pop

RECIPES

Take movie nights to the next level with stellar snacks

Ricardo Larrivée
For Torstar News Service

Fluff up your pillows, slip on your sweats, cue up a favourite flick and take movie night to the next level with these three popcorn recipes. Your kids will never look at the old-school snack the same way again.

Plus, they can easily help make these three fun flavours — all you'll need to do is supervise. We suggest making them all — spicy barbecue, tangy ketchup and caramelized brown sugar — so that everyone can mix and match.

Best of all, if there's any left (unlikely), it'll keep for days in an airtight container so you can do it all over again next weekend.

If there are any leftovers, these popcorn bowls will keep for days afterward. RICARDO LARRIVÉE

Sweet popcorn

Makes four cups.

Ingredients:

- 4 cups (1 L) plain popcorn
- 3 tbsp (45 mL) salted butter
- 1/4 cup (60 mL) lightly packed brown sugar

Directions:

1. With the rack in the middle position, preheat oven to 350 F (180 C). Line a baking sheet with parchment paper or a silicone mat.

2. Place popcorn in a large bowl and set aside.

3. In a small saucepan over medium heat, melt butter and brown sugar, stirring frequently. Drizzle hot mixture over popcorn. With a spatula, toss to coat well. Spread on prepared baking sheet.

4. Bake for 5 minutes. Let cool completely on baking sheet to dry.

5. Popcorn will keep for 1 week in an airtight container or sealable bag.

BBQ popcorn

Makes four cups.

Ingredients:

- 4 cups (1 L) plain popcorn
- 3 tbsp (45 mL) salted butter
- 1 tsp (5 mL) chili powder
- 1/4 tsp (1 mL) paprika
- 1/4 tsp (1 mL) garlic salt
- 1/8 tsp (0.5 mL) cayenne pepper, or to taste

Directions:

1. With the rack in the middle position, preheat oven to 350 F (180 C). Line a baking sheet with parchment paper or a silicone mat.

2. Place popcorn in a large bowl and set aside.

3. In a small saucepan, melt butter with chili powder, paprika, garlic salt and cayenne pepper. Drizzle hot mixture over popcorn. With a spatula, toss to coat well. Spread on prepared baking sheet.

4. Bake for 5 minutes. Let cool completely on baking sheet to dry.

5. Popcorn will keep for about 2 weeks in an airtight container or sealable bag.

Ketchup popcorn

Makes four cups.

Ingredients:

- 8 cups (2 L) plain popcorn
- 2 tbsp (30 mL) salted butter
- 2 tbsp (30 mL) ketchup
- 1 tbsp (15 mL) sugar
- 1 tbsp (15 mL) paprika
- 1 tsp (5 mL) onion salt
- 1/2 tsp (2 mL) garlic salt

Directions:

1. With the rack in the middle position, preheat oven to 350 F (180 C). Line a baking sheet with parchment paper or a silicone mat.

2. Place popcorn in a large bowl and set aside.

3. In a small saucepan, melt butter with ketchup, salt, paprika, onion salt and garlic salt. Drizzle hot mixture over popcorn. With a spatula, toss to coat well. Spread on prepared baking sheet.

4. Bake for about 10 minutes, stirring halfway through cooking, or until popcorn is dry to the touch.

5. Popcorn will keep for about 2 weeks in an airtight container or sealable bag.

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Oscars not so white

After a badly needed push in the right direction, the Academy Awards recognize that there's nothing as diverse as talent

OSCARS LOWDOWN

3

Viola Davis is now the first African-American actress to score three Academy Award nominations.

$100M

None of the best picture nominees has yet grossed more than $100 million in the U.S. The film Arrival comes close with $95.7 million, followed by La La Land with $89.7 million.

Among the Canadians earning Oscar nods is Theodore Ushev for best animated short, and a number of the Arrival crew including producer Shawn Levy and director Denis Villeneuve.

7

Of the 20 actors and actresses nominated in the premiere awards, seven are people of colour.

Viola Davis is up for best supporting actress for her role in Denzel Washington's August Wilson adaptation, Fences. She was previously nominated for Doubt in 2009 and The Help in 2012. CONTRIBUTED

Peter Howell
Torstar News Service

There were few surprises and even fewer snubs among Tuesday's diverse nominees for the 89th Academy Awards, which is exactly as it should have been.

There's not a single undeserved nomination amongst the lot of them, even if academy voters rightly felt pressure to address the dearth of non-white actors in two previous years of nominations.

Sometimes a little push is needed to get people to do the right thing.

As predicted by pundits and earlier wins, Damien Chazelle's Hollywood ode La La Land topped the golden list with 14 nominations, including best picture, director, actor (Ryan Gosling) and actress (Emma Stone), tying Titanic (1997) and All About Eve (1950) for the Oscar noms record.

The singing-and-dancing sensation also breaks the record for most nominated musical, set a half-century ago by Mary Poppins, which had 13 nods.

Tied as the closest challengers to La La Land, with eight nominations apiece including Best Picture and Director, are Barry Jenkins' coming-of-age drama Moonlight and Denis Villeneuve's sci-fi thriller Arrival.

The other six Best Picture nominees — Manchester by the Sea, Fences, Lion, Hidden Figures, Hacksaw Ridge and Hell or High Water — make for a total of nine, one more than last year and all of them dramas.

Most significant of all is the large amount of diversity in the nominations, even if leader La La Land has a mostly white cast and features Gosling as a defender of jazz, a musical form created by African-Americans and Indigenous North Americans.

"I'm still waiting on an end to the cultural appropriation of the Asian American and Pacific Islander experience,
April Reign, the writer who coined the #OscarsSoWhite hashtag last year

Seven of the 20 acting nominees are people of colour, while four of the nine Best Picture contenders — Moonlight, Fences, Lion and Hidden Figures — tell diverse stories with non-white actors in most of the leading roles.

After two years when visible minorities were conspicuously absent from the Oscar leaders board, this is a welcome development, if also a completely expected one.

The nominations seemed to please April Reign, the New York writer and editor who coined the #OscarsSoWhite Twitter hashtag that helped push a foot-dragging academy into making needed changes to promote diversity, including increasing the number of non-white voters.

"Some surprises, some spot-on decisions . . . Things are changing because our voices are strongest together," Reign wrote in a pair of tweets.

It was particularly gratifying to see Oscar nominations for Moonlight's Barry Jenkins, and also Mahershala Ali and Naomie Harris in the respective best supporting actor and actress categories, three of the reasons why this wonderfully wise film topped my list of best movies of 2016.

It's also great to see Meryl Streep get her record 20th Oscar nomination for playing a tone-deaf singer in Florence Foster Jenkins.

It's a nomination she likely gained not only for her considerable talent but also in appreciation of her marvellous rip into Donald Trump's xenophobic ways at the Golden Globes earlier this month, who retaliated by childishly calling her "one of the most overrated actresses in Hollywood."

Also nice are the long-overdue best actress nod for Isabelle Huppert (Elle) and best actor nom for Viggo Mortensen (Captain Fantastic), indicating that the academy is willing to recognize overlooked actors of any colour.

What few snubs there were — the acting MIA list include Tom Hanks for Sully, Amy Adams for Arrival, Annette Bening for 20th Century Women — are fewer in number than in previous years and not unexpected in a year so rich with talent.

Oscar can't get everything right. But at least this year, it got the most important thing right, by recognizing that talent doesn't just come in one colour.

I'm very grateful to the Academy. It was a true collaboration, so to see everyone else's wonderful work on the film acknowledged so generously makes it even more special.
Ontario's Ryan Gosling, who earned his second best actor nomination for La La Land, 10 years after his first nod for Half Nelson

I called my mother and she was at work in the care home, and she just started screaming and crying and everyone was looking through the glass wondering why she's making a big scene.
Dev Patel, the third Indian actor to be nominated for an Oscar for Lion

My friends have definitely helped guide me and assist me through things, my family helped me keep the lights on during certain years, and my wife knows how much she's contributed to my well-being, so I'm happy.
Mahershala Ali, best actor nominee for Moonlight

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Before you pop that waffle in the toaster, check the numbers

A lighter version of the popular Belgian waffle makes for a better breakfast!

PICK THIS

PC Maple Belgian Waffles (1 waffle)

Calories 220
Fat 9g
Saturated Fat 2g
Sugar 8g

SKIP THIS

Oakrun Farm Bakery Authentic Belgian Waffles (1 waffle)

Calories 320
Fat 17g
Saturated Fat 9g
Sugar 17g

HERE'S WHY

Equivalent in sugar to 5 Oreo cookies.

The Belgian waffle is the decadent sibling of the waffle, with its fluffy and light texture, larger squares and deeper pockets for all the luscious toppings you can use. The Oakrun Authentic Waffle adds sugar to the outside, increasing both the calories and sugar content considerably. There's also close to double the fat and four times the saturated fat, coming from the palm and coconut oil. If craving an indulgent breakfast, swap for the PC Belgian Waffles and skip the syrup and whip cream for fruit and Greek yogurt as your toppings.

JOHANNA SCHNELLER WHAT I'M WATCHING

Rita Moreno embraces Justina Machado in the new Netflix incarnation of One Day at a Time. CONTRIBUTED

Fighting same issues, one decade at a time

THE SHOW: One Day at a Time, Season 1, Episode 2 (Netflix)
THE MOMENT: The raise

Single mother Penelope Alvarez (Justina Machado), a nurse in the office of Dr. Berkowitz (Stephen Tobolowsky), is sick of being mansplained to and marginalized by male nurse Scott. Then she learns Scott earns $5 an hour more than she, and quits. Now Berkowitz is at her door.

"Come back to work," Berkowitz pleads. "I can't run the office without you."

"Five bucks more an hour," Penelope says. "That guy."

"It wasn't right," Berkowitz says. "But in my defense, he did ask for more than you did."

"I don't know if it's a woman thing or what, but I didn't even think about negotiating," Penelope admits. "I was newly separated, I needed a job. You said, 'Do you want one?' I said, 'Yes.'"

"And Scott made me feel that I was lucky to have him," Berkowitz says. "I even gave him my parking spot."

The first iteration of this series, 1975 to 1984, was co-created by Norman Lear, king of social-issues television. It showcased the struggles of a single mom trying to be a breadwinner and a second-wave feminist. Her situation felt perilous: How do you stand up for your principles if they threaten your paycheque?

This new version feels less life-and-death — Penelope's estranged husband sends money, her mother (Rita Moreno) lives with her — and the feminism is more second-vs.-third-wave: While Penelope fights for equal pay, her daughter dissects micro-aggressions, racism (they're Cuban-American), environmentalism.

It kills me that we're still parsing this stuff in 2017, but here we are. Call it One Decade at a Time.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

LIQUID ASSETS PETER ROCKWELL

Even Burns would sip on a can of pure liquid poetry

While he may not inspire the same celebratory enthusiasm as Saint Patrick, Scots across the country will most certainly be raising a glass of something Scottish to Robert Burns today.

No doubt a bit of whisky will be in order for many with ties to Scotland (even if it's just having seen Braveheart). Though I love myself a nice dram, the quarter of me that's Scottish prefers a beer on a weekday.

A few years ago I spent some time with Dougal Gunn Sharp, the mastermind behind Innis & Gunn Original (500ml, $2.95-$3.99) and its many oak-aged offspring. At a pub below Edinburgh Castle he told me about the origin of his famous Scottish brew.

Commissioned to create flavoured barrels for William Grant in which to age their whisky, Sharp was surprised to discover the resulting oak-infused beer was a hit with workers assigned to pour it down the drain.

A malty mix of toffee, vanilla and citrus, it's pours like liquid poetry which Robert Burns would have appreciated.

Prices reflect the range across the country. Some products may not be available in all provinces.

DIPPIN' DEAL

Breaking ice with Spicer

Sean Spicer's ice cream headache may be coming to an end after long seven years. The Internet shared a collective laugh when online publication the A.V. Club dug through the new White House press secretary's Twitter account and found many complaints against ice cream maker Dippin' Dots.

Now, the "ice cream of the future" has shot back — with an olive branch.

"We understand that ice cream is a serious matter," states Dippin' Dots' open letter to Spicer. "We've seen your tweets and would like to be friends."

The letter offered: "We can...afford to treat the White House and press corps to an ice cream social. What do you say? We'll make sure there's plenty of all your favorite flavors." COLIN MCNEIL/METRO

Dippin' Dots HANDOUT

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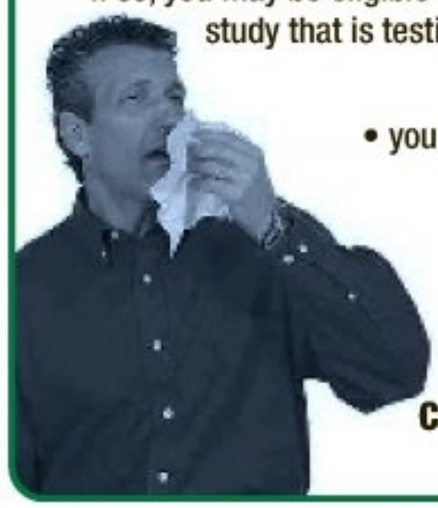

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- you are in good health
- you are between 12 to 65 years of age

Participants can be compensated for study-related time and travel expenses

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Or email us at: kanataallergy@gmail.com

Chase off winter blues at Winterlude

FESTIVITIES

Ottawa's 39th winter festival takes over the city in February

Johnna Ruocco

The holiday season is over, but there's still opportunity to make the most of the winter season. Ottawa's 39th annual Winterlude festival is taking over the city for three fun-filled weekends in February.

The capital's winter celebration is held in Ottawa–Gatineau each February. It was created in 1979 to celebrate Canada's unique northern climate and culture.

Running from Feb. 3-20, the festivities kick off at Confederation Park amidst glistening ice sculptures, live music and a huge outdoor dance party, and best of all, the Kick-off Celebration on Feb. 3 is free. Canadian performers Karim Ouellet and Coleman Hell will lead the kick-off.

Most events take place at the three official sites: the Crystal Garden in Confederation Park, Snowflake Kingdom in Gatineau's Jacques-Cartier Park and the Rideau Canal Skateway.

In addition to the Kick-Off Celebration, the Crystal Garden is where the Sub-Zero Concert Series, including a special Canada 150 Signature Concert on Feb. 11, will liven up the park on Friday and Saturday evenings (plus Sunday, Feb. 19) with a variety of talented Canadian entertainers.

We started last year with the Sub-Zero Concert Series that we're bringing it back because it was such a success last year.

Natalie Huneault, spokesperson

"We started last year with the Sub-Zero Concert Series that we're bringing it back because it was such a success last year," said Natalie Huneault, spokesperson.

Also at the Crystal Garden, visitors will be able to see professional ice carvers from all around the world creating magnificent ice sculptures during the 30th Crystal Garden International Ice-Carving Competition, part of the inaugural Canada Cup of Ice Carving, and vote online for their favourite ice sculpture in the teams category. Snowflake Kingdom, the children's gigantic snow playground, is offered every day except Tuesdays and Wednesdays and will host several fun winter activities, such as a mega-zip line, super slides — including a new fifth slide called Blizzard —and finding their way out of a giant Canada 150 maze.

"You'll figure your way out, it's built out of snow and that's one of the nods to Canada 150," Huneault said.

Snowflake Kingdom will also play host to the National Snow Sculpture Rendezvous, with snow sculptors representing the five regions of Canada and showcasing Canadian winters.

"It's back by popular demand, and the public will be invited to vote for their favourite sculpture," Huneault said.

The Rideau Canal Skateway will once again host some classic Winterlude activities, including the Winterlude Triathlon and the annual Bed Race. Additionally, this year will see the canal host the first ever ice dragon boat race in North America and the largest in the world.

For more information and the schedule of events, visit canada.ca/Winterlude.

People skating on the Rideau Canal Skateway, Ottawa, during Winterlude with Parliament Hill in background. COURTESY CANADIAN HERITAGE

A professional ice-carver at Crystal Garden in Confederation Park, Ottawa, during Winterlude. COURTESY CANADIAN HERITAGE

The inaugural Ice Dragon Boat Festival at this year's Winterlude will be the first of its kind in North America. COURTESY OF OTTAWA ICE DRAGON BOAT FESTIVAL

The Ice dragon boating makes its Winterlude debut

RIDEAU CANAL SKATEWAY

Dragon boats take to the ice, making history

Johnna Ruocco

It's a common sight to see Dragon Boat Festivals held in cities and towns across Canada in the summer, but in Ottawa-Gatineau this year, the dragon boats will be sliding along the ice.

Athletes and spectators will be a part of history as the inaugural Ice Dragon Boat Festival hits North America for the first time when it runs from Feb. 17-18 on the Rideau Canal Skateway at Dow's Lake as part of the Canada 150 edition of Winterlude, Ottawa's annual winter festival, taking place Feb. 3-20.

The Ottawa Ice Dragon Boat Festival has partnered with the International Ice Dragon Boat Federation Series, Canadian Heritage and NCC to present the cold weather take on the summer sport on the frozen Rideau Canal. The IIDBF has held eight international races and has only been done Mongolia, China and Hungary before Ottawa makes North America's debut.

When registration opened in November 2016, all 30 spots sold out in eight minutes. A second block was added to meet the unprecedented demand and again sold out almost immediately. There will be 60 competitors registered from countries all over the world, making the event the largest in the world.

"It's the first time it's happening at Winterlude and it's going to be the first time it happens in North America and it's going to be the biggest in the world as well," said Natalie Huneault, Winterlude spokesperson.

Traditionally, dragon boating has crews of 22, made up of 20 paddlers, one drummer and one sweep Boats can vary in size however, so crews can be anywhere from 12 to 52. Speed and strength are required as rowers paddle in time to traditional Chinese drumming.

There are slight differences between the summer and winter versions of the sport. The main difference is the ice boats will obviously have skates on them. Moreover, the ice boats only seat 12 people, have special brakes and the paddlers propel the boat using paddles equipped with spikes to drag the boats fitted with skates along the ice.

SCHEDULE

Friday, Feb. 17
- 12 p.m. – Demonstration, development and practices.
- 6 p.m. – Shiver and Giver Fundraising Races.
- 7 p.m. – After party in the Polar Pavilion.

Saturday, Feb. 18
- 10 a.m. – Official eye dotting, ribbon cutting, national anthem and races.
- 4 p.m. – Awards Ceremony.
- 7 p.m. – After party in the Polar Pavilion.

Sunday, Feb. 19
- Rain date would replicate Saturday schedule if necessary.

ByWard Market
BLIZZARD
A Flurry of Activity!
26th Annual
Stew Cook-Off
with Henry Burris
William Square, York Street
Friday Feb 3, 11:30 am - 2 pm
All you can eat stew for
$10 at the door!
All proceeds going to charity!
2nd Annual ByWard Market
Server Games
Clarence Street
Sunday Feb 12 1 pm - 4 pm
Teams from ByWard Market
restaurants, bars,and cafés
compete for the title of
server champions!
Shake off the Cold
From Friday, Feb 3rd
right through to Monday, Feb 20th
Various establishments
Dance away the cold to hot beats
in the ByWard Market!
ByWard Beats
ByWard Garage
70 Clarence Street loading bays
Fridays and Saturdays
during Winterlude
7:30 pm - 10:30 pm
Shake off the cold
and get into the groove
with local DJs in this urban space!
Snow' Art
Snow Sculptures
in the ByWard Market
*Sculptures not necessarily as shown
For more events and specials during Winterlude in the ByWard Market
www.byward-market.com
Over 3,100 parking spaces in the ByWard Market!
Ottawa

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Your essential daily news

Two million plug-in vehicles have now been sold globally

RX 350 shines on the highway

REVIEW

Quiet, comfy, and it handles great in a snowstorm

Lucas Cooney
AutoGuide.com

I took a 2017 Lexus RX 350 to take me and a cameraman up north for a story for sister site ATV.com.

While a more performance-oriented Lexus might have been a better match for the sporty side-by-side ATV, an unexpected snowstorm during our four-hour drive made me thankful for the burlier 2017 Lexus RX 350.

Like many people, I'm a torn on the outward appearance of the RX. While I do like the general shape and form of the vehicle, it's in need of a nose job. The giant grille up front was the first thing my wife noticed, and it wasn't because she loved it. It certainly stands out, just not in a good way.

The test car was equipped with gorgeous 20-inch allow wheels, which come as part of the F-Sport Series 3 package. The wheels help make the RX a nice looking vehicle, so long as you only see it in profile.

Step inside the RX and there are few complaints with the beautiful interior. Highlights include F-Sport seats wrapped in leather that offer both heating and cooling, a heated and leather-wrapped steering wheel, aluminum sport pedals, and a panoramic glass roof. The optional 15-speaker Mark Levinson audio system is the cherry on top of the sundae.

It's on the highway where this vehicle really shines. Even at highway speeds, the RX offers a luxuriously quiet and comfortable ride as the 295-horsepower V6 smoothly eats up kilometre after kilometre of snowy road.

Due to the storm, the wind was occasionally violent and the RX would sway a little but it never felt out of control.

When the lanes were largely clear of snow, the lane keep assist feature did a remarkably good job of keeping the vehicle between the lines. This feature was far more active during the windy drive up north than in the calmer conditions on the return trip.

The RX was not quite as at home in the city. That uber-comfortable suspension on the highway seems to come at the cost of a slightly sloppy feeling while taking tighter turns on city streets or braking even slightly aggressively.

Because I'm cheap, I spent most of my time driving the RX in Eco mode. That worked just fine on the highway, but in the city, it turned the engine into a dullard with a painfully slow response.

Going against my skinflint instincts, I briefly took advantage of the F Sport Series 3 package's Sport S+ Mode and the personality changed dramatically. An RX will never be truly sporty, but the Sport S+ Mode really livens things up and makes the RX, dare I say it, sort of fun when taking off from a dead stop.

THE CHECKLIST | 2017 LEXUS RX 350

THE BASICS

Engine: 3.5L V6
Power: 295 hp, 267 lb-ft
Transmission: Eight-speed auto
Fuel Economy (L/100 km): 12.2 city, 8.9 hwy
Price: Starts at $55,900

LOVE IT
- Ultra quiet interior
- Comfortable ride
- Loaded with cool features

LEAVE IT
- Fugly nose
- A bit dull (except in Sport S+ Mode)
- Terrible infotainment interface

INNOVATION

Volvo to share its autonomous car data with other companies

Sami Haj-Assaad
AutoGuide.com

Volvo has been at the forefront of self-driving cars, and the Swedish company isn't being selfish with its expertise.

The automaker has a pilot project for autonomous cars called Drive Me, where a family could lease a self-driving XC90 that records various data about their driving habits and how they interact with the car.

During an interview at the 2017 Detroit Auto Show with Marcus Rothoff, Volvo's Autonomous Driving Program Director, he explained that having data on how humans interact with real self-driving vehicles is vital to the program's success.

He said Volvo plans on sharing that information with other automakers to expedite research in autonomous cars.

"Collaboration is important when it comes to safety," Rothoff said. Volvo has a special place in the automotive safety history books because it shared one of the most important safety innovations in vehicles: the three-point safety belt.

"We welcome the chance to work with other automakers to improve the safety and development of self-driving vehicles."

Rothoff imagines a future where the vehicle-to-cloud infrastructure that is used by Volvo is adopted by other automakers. Volvo hopes to have fully autonomous vehicles by 2021.

The Volvo XC90 that is being leased as part of the Drive Me program will be capable of automatically driving on the highway.

It uses a variety of sensors and a front bumper mounted LIDAR, in addition to a cloud-connected service that will allow the vehicle to send data to other Volvos.

That means that whenever the ABS and stability control is activated, like in slippery driving situations, other Volvos will be warned about the potentially dangerous route. Additionally, as the car drives autonomously on the highway, it will alert the driver of the upcoming off ramp, and the deactivation of the self-driving mode will begin five minutes in advance, issuing plenty of notice for when the driver has to take control.

The Swedish automaker is partnered with Uber for a self-driving collaboration, as they provide XC90s to the ride-sharing service. Uber, however, uses its own software and collects its own data.

This isn't the first time automakers are sharing research and data in order to benefit the greater good.

Tesla and Toyota have both opened up their own patents on electric and hybrid cars for other automakers to use.

> **We welcome the chance to work with other automakers to improve the safety and development of self-driving vehicles**
> Marcus Rothoff

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Limit one bonus cash offer up to $1,000 per eligible transaction. Some conditions apply. See your retailer for complete details. ††1.99% lease financing for up to 39 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2017 Ram 1500 Quad Cab 4x4 (25A) with a Purchase Price of $30,563 leased at 0% for 39 months with a $500 security deposit, $999 down payment and first month's payment due at lease inception equals 39 monthly payments of $268 with a cost of borrowing of $1,619.07 (including $60.25 PPSA registration) and a total obligation of $11,523.92. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ≈Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. +$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2016/2017 Ram 1500 (excludes Regular Cab), 2015/2016/2017 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before January 1, 2017. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Bauer Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. Certain features of vehicles shown – e.g., interior colour – may not be offered on all models. See retailer for details. [1]Based on the latest available competitive information and WardsAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5- and 7-passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. [2]Based on 2014 WardsAuto Middle Cross Utility segmentation. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS

2018 Mustang gets big updates

NEW RELEASES

Goodbye V6, hello 10-speed automatic transmission

Dan Ilika
AutoGuide.com

While the new Mustnag offers some serious tweaks, consumers will have to wait until 2020 for an outright redesign. HANDOUT

Speculation was running rampant among the small group milling around the otherwise empty Ford display on the second preview day of the Detroit Auto Show.

A mysterious invite had us gathered early that morning before the show had even opened for the short trek from downtown Detroit to the automaker's product development center in nearby Dearborn, Mich., for an "embargoed product news backgrounder." With a description about as vague as the clutch pedal in the Subaru Crosstrek, our ever-inquisitive minds couldn't help but wander.

It didn't take long after we arrived, and agreed to leave our cameras and cellphones at the door or risk being tackled by William Clay Ford Jr. himself, that the cat — or, perhaps more appropriately, pony — was out of the bag: The 2018 Ford Mustang will soon be here, bringing with it some serious changes.

While it's not the all-new Mustang that some of you have been hoping for — for that you'll have to wait until 2020 — the car does receive some significant styling tweaks both inside and out.

Starting outside, it's clear the design team's directive was to fine-tune what has largely been a well-received retro look.

No one piece of the Mustang's aesthetic puzzle has been radically revamped for 2018, with a handful of incremental changes made instead.

A new front fascia has a slightly more modern look, while the nose has been raked a little steeper, leading to a hoodline that has been lowered for a sleeker profile.

Around back, the 2018 Ford Mustang gets a new set of tail lights and trunk applique that complement a revised rear bumper replete with available quad exhaust tips.

When it comes to performance, a lot has been done in terms of upgrades. The big news under the hood involves the Mustang's V6, or lack thereof, with Ford finally giving the aging Cyclone engine the axe. Currently the entry-level engine offered in both coupe and convertible versions of the pony car, the 3.7-litre V6 was rendered obsolete by the increasingly popular turbocharged four-cylinder that was added to the sixth-gen car.

In its stead remain the 2.3-litre EcoBoost and the tried-and-true 5.0-litre V8 that's become as synonymous with the Mustang as its galloping-horse emblem.

The former, which makes 310 horsepower and 320 lb-ft of torque in the current Mustang running 93-octane or better, will see its torque count and full-throttle performance increased for 2018, according to Ford. Don't, however, expect anything in the neighborhood of the outrageous Ford Focus RS, which uses the same turbocharged engine to make 350 horsepower and 350 lb-ft of torque.

Also making major — though largely expected — news is the inclusion of a 10-speed automatic transmission on the 2018 Ford Mustang's option sheet.

+ INTERIOR

The cabin features a largely unchanged appearance outside of some new materials and finishes.

The biggest difference inside comes by way of the available digital display that replaces the car's gauge cluster. Much like Audi's Virtual Cockpit, the 12.3-inch screen can be configured and reconfigured to prioritize performance-related info.

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metro SPORTS

"It's been a (lousy) 2017 so far": LeBron James urged the front office to do more after the Cavs' fell to 5-6 in 2017 with Monday's loss in New Orleans

Leaving on highest note

CFL

Retirement 'a celebration' for Ottawa's Burris after fine career

Henry Burris says he's ready to start a new chapter.

The star Ottawa Redblacks quarterback has officially announced his retirement at the age of 41. He leaves the game after 20 pro seasons, 17 of them in the CFL.

The decision comes roughly two months after Burris led Ottawa to a stunning 39-33 overtime Grey Cup win over the Calgary Stampeders. Burris said he had a good idea when he hoisted the championship trophy over his head after the game that he was finished with football.

"You always have that 10-15 per cent in you that's holding on," Burris said during a lunchtime news conference surrounded by his family and teammates. "Sometimes when I was able to come home, instead of watching film I was like, 'You know what? Let's go play a round of golf.'

"That was pretty fun because I hadn't played a round of golf hardly in the summer in over 20 years. At the end of the day, there's only one team that I'm ready to spend the most time right now and that's these other six eyes that are here with me."

Burris added while he'd been dealing with a lot of emotions, "this is a celebration." Last year's Grey Cup game was a showdown between the two teams that finished atop the East and West Divisions.

Henry Burris said he's looking forward to playing golf in summer now that he is retired. FRED CHARTRAND/THE CANADIAN PRESS

It appeared to be a huge mismatch on paper as Calgary posted a CFL-best 15-2-1 record while Ottawa posted a lacklustre 8-9-1 record.

But despite suffering a knee injury in warmups, Burris orchestrated one of the biggest upsets in Grey Cup history, passing for 461 yards and three TDs while running for two other touchdowns.

The final pass of his illustrious CFL career was a an 18-yard TD strike to Earnest Jackson in overtime that provided the Redblacks with their winning margin and a CFL championship in just their third season.

Burris's heroics — he was the game MVP — also earned Ottawa its first Grey Cup title since 1976.

> **At the end of the day, there's only one team that I'm ready to spend the most time with right now and that's these other six eyes that are here with me.**
> Henry Burris on his family

Burris said he'll take the next few weeks to decide on his future endeavours. While Burris is finished with football, the Oklahoma native and his family will continue to call Ottawa home.

"When we came here, this city embraced my family and I," he said. "The organization, the community, the people here are just first-class. There's never been a city I could call home and feel more comfortable in saying that."

First and foremost, though, will be fine-tuning his prowess on skates to challenge sons Armond and Barron.

"I'm trying to be the best skater in our family and win a Burris Cup on the ice," Burris said. "And show these two knuckleheads that hard work does pay off and start to be that example I preach to them every day. I've got to show them now." THE CANADIAN PRESS

NHL

Sens snap up centre Wingels from Sharks

The Ottawa Senators have acquired centre Tommy Wingels from the San Jose Sharks.

The Senators are sending forward Buddy Robinson, forward Zack Stortini and a 2017 seventh-round pick to the Sharks and say San Jose will retain 30 per cent of Wingels' 2016-17 salary. Wingels, 28, has five goals and three assists in 37 games with the Sharks this season.

His top season was in 2013-14 when he had a career-high 38 points and seven game-winning goals. The six-foot, 200-pound native of Evanston, Ill., has 51 goals and 71 assists over 337 NHL games with the Sharks.

Wingels, the Sharks' sixth-round choice in the 2008 NHL draft, has also played in 45 career playoff games, including 22 during San Jose's run to the Stanley Cup final last season. He is expected to travel to Ottawa on Wednesday. Robinson, 25, has scored seven goals and registered 12 points in 33 American Hockey League games with Binghamton this season. Stortini, 31, has 14 goals and 27 assists over 257 NHL games with Edmonton and Nashville. THE CANADIAN PRESS

Tommy Wingels GETTY IMAGES

Go to metronews.ca for coverage of Tuesday night's game at Canadian Tire Centre against the Capitals.

IN BRIEF

Holders Ivory Coast out

Ivory Coast didn't even make it past the group stage in its defence of the African Cup of Nations as it crashed out without winning a game on Tuesday.

Ivory Coast needed to beat Morocco in the last round of matches in Group C to make the quarterfinals but lost 1-0 to follow Algeria out of the African championship in Gabon — two big teams gone in the space of 24 hours. Instead, Congo topped the group with a 3-1 win over Togo in Port-Gentil and progressed alongside Morocco. THE ASSOCIATED PRESS

Argos get rid of GM Barker

The Toronto Argonauts have fired general manager Jim Barker after the team finished bottom of the CFL standings last season.

The Argos were tied with Saskatchewan for last in the league at 5-13. Barker spent six seasons as GM, winning a Grey Cup in 2012. The move comes after Argos president Michael Copeland conducted a review of the club's football operations. Copeland will lead the search for Barker's successor. Scott Milanovich will remain as the Argos head coach. THE CANADIAN PRESS

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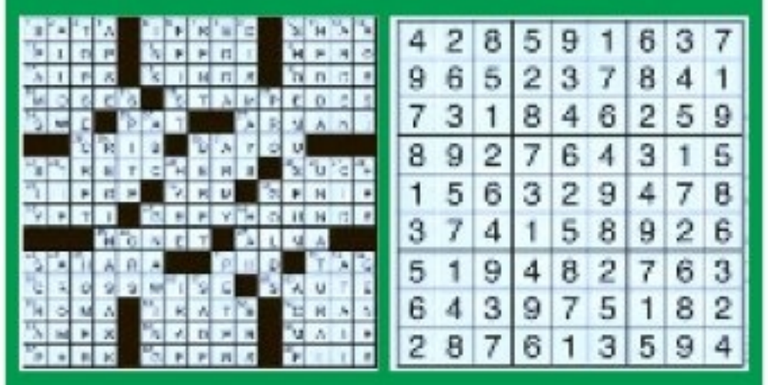

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MAKE IT TONIGHT

Elegant Roasted Cod Provencal

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This restaurant-worthy dinner may come off all elegant but it couldn't be simpler to make on a weeknight.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp olive oil
- 2 cloves of garlic, minced
- 1 red onion, sliced
- 1 bulb of fennel, trimmed and thinly sliced (retain the fennel fronds for garnish)
- 1 red pepper, trimmed and thinly sliced
- 1/4 tsp dried thyme
- 1/4 tsp dried oregano
- 1 x 28 oz. can of tomatoes
- 1/3 cup black olived, pitted
- 4 filets of cod

Directions

1. Preheat oven to 350 degrees.

2. In a large skillet, warm olive oil over medium heat. Toss in garlic, onions and fennel and sauté about five minutes until vegetables begin to soften. Add peppers and herbs and cook another three minutes.

3. Add tomatoes and olives. Use the back of a wooden spoon to break up tomatoes. Allow to simmer and thicken for about 10 minutes.

4. Pour the sauce into a baking dish. Lay the cod over the sauce and bake for 12 to 15 minutes, until fish is flaky. Sprinkle finely chopped fennel fronds over top.

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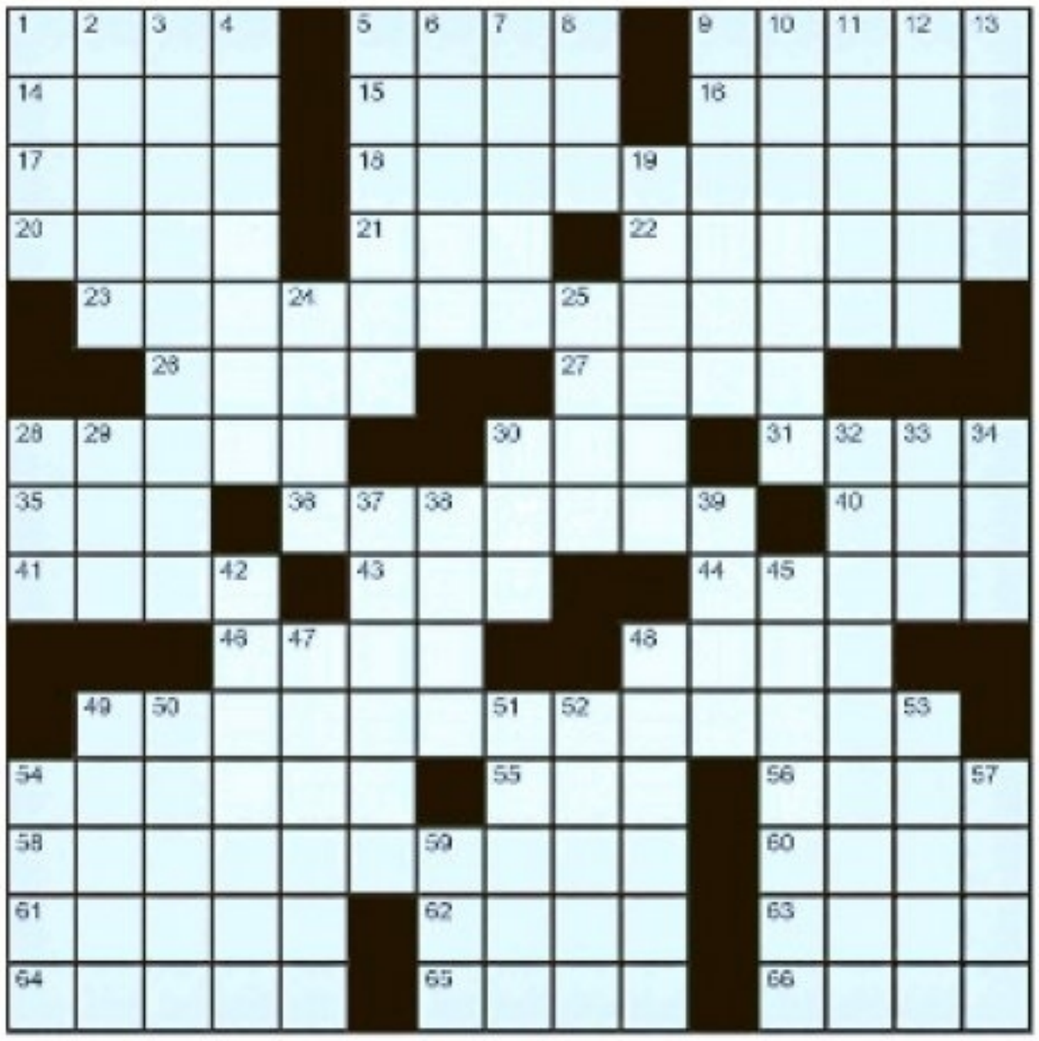
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Butterfingers
5. Worker's two-days-from-Wed. holler!
9. Grammy, for one
14. Conspiracy
15. Forearm bone
16. Battle royal
17. Country of West Africa
18. 2017: It's on display more than ever during Canada 150
20. Fair
21. Dutch city
22. Pope's emissary
23. Song on The Tragically Hip's 'Road Apples' album alluding to the legendary afterlife: 2 wds.
26. Early helicopter
27. Not as much
28. _-Barbera (Cartoon-creating team)
30. Rihanna's "_-_-_ (Rescue Me)"
31. Maple trees' drinks
35. Camel hair garment
36. Sorts of seals
40. Gladiator's 3
41. Narrate
43. Jay Z's wife, to pals
44. Job seeker's interviewer
46. Comic Mr. Sandler
48. Brewery kiln
49. The Tragically Hip tune with an office setting video: 4 wds.
54. Fun piece of jewellery
55. "Gee!", to a Scot
56. Ms. Del Rey
58. Not difficult to enter, as a building
60. Winnipeg's Portage and Ottawa's Carling, e.g.
61. Mother-of-pearl
62. Untruther
63. Shipbuilding wood
64. Murders bugs this way
65. Academic terms, for short
66. Antiquities

DOWN
1. Goes for
2. Distant in demeanor
3. Warning for mariners: 2 wds.
4. Acted as a replacement for somebody: 2 wds.
5. Mississippi city where Elvis Presley was born
6. Air freshener brand
7. Prefix with 'continental'
8. Way out
9. Secret love affairs
10. Non-dry quality
11. "The Brady Bunch" housekeeper
12. Pine tree stuff
13. Garage band's CD
19. Consume
24. Pull along
25. Plum-like fruit
28. Fedora, for one
29. Bart Simpson's grandfather
30. Hue of blue
32. It sometimes results in jet lag: 2 wds.
33. Apple _
34. Gentleman's title
37. Puts down
38. Quasi
39. Canadian telecommunications firm
42. Miranda of country tunes
45. Sequester
47. Edible seaweeds
48. Nicole Kidman movie, "The _" (2001)
49. Particular parrot
50. Icky-sounding plant
51. Canadian actress Ms. Smulders
52. Happy as _ _ (Glad)
53. Work the dough
54. Ray-_ (Sunglasses)
57. Is inquisitive
59. They, in Tadoussac

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your relationships with bosses and authority figures today will be easygoing. They will be willing to listen to you, and you will be willing to listen to them. Of course, this doesn't mean you will agree.

Taurus April 21 - May 21
Because your appreciation of beauty is heightened today, give yourself a chance to enjoy beautiful places and things. Visit art galleries, museums, beautiful buildings and parks.

Gemini May 22 - June 21
If you have to share something with someone today, be careful to protect your own best interests. It's good to be generous — but don't be a doormat.

Cancer June 22 - July 23
Because the Moon today is opposite your sign, you must go more than halfway when dealing with others. This simply requires some tolerance and patience.

Leo July 24 - Aug. 23
Do something today that will help you feel better organized. Set aside 15 minutes, and use this time to tidy up things and get on top of your game.

Virgo Aug. 24 - Sept. 23
This is a creative day for you. If you work in the arts, you will be productive. Trust your imagination and your artistic skills. You also feel sensitive to the needs of children.

Libra Sept. 24 - Oct. 23
This is a good day for family discussions because everyone will feel mutually sympathetic. If you cannot help someone, you can at least listen with genuine understanding.

Scorpio Oct. 24 - Nov. 22
You might spend a lot of time daydreaming today. Your imagination also is heightened, which is why flights of fantasy might take up some time.

Sagittarius Nov. 23 - Dec. 21
If shopping today, you might be tempted to spend too much money on something luxurious and extravagant. Think about this carefully. Save your receipts.

Capricorn Dec. 22 - Jan. 20
You feel more emotional than usual today. Knowing this, be careful not to overreact if you're unhappy about something. Be cool.

Aquarius Jan. 21 - Feb. 19
Today you will prefer to work alone or behind the scenes because it feels better. You're not prepared to stick your neck out, which probably is wise.

Pisces
Feb. 20 - March 20
Today you will prefer to work alone or behind the scenes because it feels better. You're not prepared to stick your neck out, which probably is wise.

CONCEPTIS SUDOKU by Dave Green

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5 Year Warranty	✓	✗	✗

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Heated Steering Wheel	✓	✗	✗
Heated Front & Rear Seats	✓	✗	✗
Blind Spot Detection	✓	✗	✗
5 Year Warranty	✓	✗	✗

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2.4L FWD

Ultimate model shown ♦

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Heated Front Seats	✓	✗	✓
17" Alloy Wheels	✓	✓	✗
Hill Descent Control	✓	✗	✗
5 Year Warranty	✓	✗	✗

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